

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN  
 College of Agricultural, Consumer & Environmental Sciences  
**Human Development & Family Studies**

**Social Work**

**Recommended Courses**

|                 |  |
|-----------------|--|
| <b>HDFS 108</b> | Grief and Loss Across the Lifespan         |
| <b>HDFS 208</b> | Child and Family Inclusion                 |
| <b>HDFS 420</b> | Inequality, Public Policy, and US Families |
| <b>HDFS 425</b> | Family Stress and Change                   |
| <b>HDFS 426</b> | Family Conflict Management                 |
| <b>PSYC 201</b> | Intro to Social Psych                      |
| <b>PSYC 238</b> | Psychopathology and Problems of Living     |
| <b>SOCW 200</b> | Introduction to Social Work                |
| <b>SOCW 410</b> | Social Welfare Pol and Svcs                |
| <b>SOCW 451</b> | HBSE I: Human Development                  |

The four-year plan below shows how to prepare for applying to an MSW program after earning a B.S. in HDFS. Use this plan only as a guide. Consult your academic advisor for suggestions to study abroad, meet James Scholar requirements, add a minor, or choose electives.

**Sample 4-Year Plan**

*(For students starting the HDFS major in or after Fall 2024)*

| FIRST YEAR    |                                    |   |                 |                            |   |
|---------------|------------------------------------|---|-----------------|----------------------------|---|
| Fall Semester |                                    |   | Spring Semester |                            |   |
| HDFS 101      | Opportunities, Careers in HDFS     | 1 | HDFS 208        | Child and Family Inclusion | 3 |
| HDFS 105      | Intro to Human Development         | 3 | PSYC 100        | Intro Psych                | 4 |
| HDFS 108      | Grief and Loss Across the Lifespan | 3 | CMN 101         | Public Speaking            | 3 |
| HDFS 120      | Intro to Family Studies            | 3 | STAT 100        | Statistics                 | 3 |
| RHET 105      | Writing and Research               | 4 | Elective        | Any Level                  | 3 |
| HK 110        | Contemporary Health                | 3 |                 |                            |   |
| Total Hours   |                                    |   | 17              | Total Hours                |   |
|               |                                    |   |                 | 16                         |   |

| SECOND YEAR   |                                |   |                 |                           |   |
|---------------|--------------------------------|---|-----------------|---------------------------|---|
| Fall Semester |                                |   | Spring Semester |                           |   |
| HDFS 220      | Families in Global Perspective | 3 | HDFS 207        | Self in Context           | 3 |
| Gen Ed        | Natural Science                | 3 | HDFS 290        | Intro to Research Methods | 4 |
| Gen Ed        | Cultural Studies/U.S. Minority | 3 | SOC 100         | Intro to Sociology        | 4 |
| SOCW 200      | Introduction to Social Work    | 3 | Gen Ed          | Humanities                | 3 |
| SPED 117      | The Culture of Disability      | 3 | Elective        | 300+ Level                | 3 |
| Total Hours   |                                |   | 15              | Total Hours               |   |
|               |                                |   |                 | 17                        |   |

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN  
 College of Agricultural, Consumer & Environmental Sciences  
 Human Development & Family Studies

THIRD YEAR

Fall Semester

|          |                             |   |
|----------|-----------------------------|---|
| SOCW 410 | Social Welfare Pol and Svcs | 3 |
| HDFS 425 | Family Stress and Change    | 4 |
| Gen Ed   | Cultural Studies/Western    | 3 |
| ACE 240  | Personal Financial Planning | 3 |
| Gen Ed   | Natural Science             | 3 |

Total Hours 17

Spring Semester

|          |                           |   |
|----------|---------------------------|---|
| HDFS 305 | Middle Childhood          | 3 |
| HDFS 405 | Adolescent Development    | 3 |
| HDFS 408 | Hospitalized Children     | 3 |
| Gen Ed   | Quantitative Reasoning    | 3 |
| SOCW 451 | HBSE I: Human Development | 3 |

Total Hours 15

FOURTH YEAR

Fall Semester

|          |                                   |   |
|----------|-----------------------------------|---|
| PSYC 201 | Intro to Social Psych             | 3 |
| PSYC 238 | Psychopathology & Probs of Living | 3 |
| HDFS 450 | Practicum in HDFS                 | 4 |
| Elective | 300+ Level                        | 3 |
| Elective | Any Level                         | 3 |

Total Hours 16

Spring Semester

|          |                                      |   |
|----------|--------------------------------------|---|
| HDFS 426 | Family Conflict Management           | 3 |
| HDFS 420 | Inequality, Public Policy, US Family | 3 |
| Elective | 300+ Level                           | 3 |
| Elective | 300+ Level                           | 3 |
| Elective | Any Level                            | 3 |

Total Hours 15